

Pandemic Preparedness Home Supplies to Prepare for up to 1 month Shelter at Home

Immune Supporting Supplements*

_____ Zinc Dissolvable Tablets

_____ Elderberry Syrup or Gummie Bears

_____ Vitamin C Tablets

_____ Vitamin D Supplement

_____ Emergency-C

_____ *Consult with your provider if you are already getting any of the above from STIHC

Over the Counter Medications

_____ Cough drops, cough syrup, NyQuil

_____ Cough syrup

_____ Nyquil/Dayquil

_____ *Fever Reducing medications age appropriate

_____ *if using NyQuil/Dayquil or other cold remedies, check if they contain Tylenol or Ibuprofen
before you take addition fever reducing medications

Medical Equipment

_____ Thermometer

_____ Pulse Oximeter (available on Amazon for ~\$20)

_____ Vaporizer - cool water

Nutrition and Hydrations

_____ Pedialyte & Jello - helps with rehydration

_____ Soups and other easy to digest foods

_____ Fresh Ginger for tea, Mullion Root

_____ Lipton Dried Chicken Soup

_____ Herbal tea for sore throats, stomach aches, immune booster

Basic food and water so you can shelter at home for at least one month:

_____ Nonperishable foods that do not need cooking, including ready to eat canned meats, protein

_____ Granola bars, cereal, peanut butter, dried fruit, nuts, crackers, canned milk, etc.

_____ Can opener

_____ Babies and children: baby food, formula if needed, snacks, teething supplies, etc.

_____ Pet food and supplies

Household Disinfection and Cleaning Supplies

_____ Rubbing alcohol and cotton balls to clean thermometer or package of individual alcohol wipes

_____ Sanitizing wipes such as Lysol or Clorox premoistened wipes

_____ 2 gallon bucket from Dollar Store to use for sanitizing door knobs, switches, hard surfaces

_____ Big pack of white washcloths from Walmart that is used for sanitizing with bleach and water

_____ Disposable nitrile or latex gloves

_____ Clorox household bleach can be used to make a correct cleaning solution when mixed with water if sanitizing wipes are not available for purchase.

Personal Comfort Supplies

_____ Straws for drinking

_____ Kleenex

_____ Sanitizing wipes

_____ Hand sanitizer for the car

_____ Masks. Sack for clean and sack for dirty masks

- _____ Doterra oils for respiration, digestive and calmness
- _____ Calm music play list
- _____ Temperature and medication chart
- _____ Extra bedside waste basket
- _____ Baby diapers
- _____ Baby diaper wipes
- _____ Adult diapers